



VITALWEAR™

# VitalWraps® / VitalPads®



Users Manual

Thank you for purchasing a new VitalWrap™ to go with your VitalWear System. Your new VitalWrap will work with your VitalWear System to address specific therapy needs for specific locations on your body.

Please read this instruction manual completely prior to using the unit to ensure reliable and safe operation.

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## Introduction

Many of us suffer from some type of persistent or recurrent acute pain that significantly impacts our lives. The VitalWear Systems have a patented technology that applies a unique combination of cooling and heating to the human body, providing a range of key benefits:

- Thermal therapy to the affected body part at any desired temperature between 40°F and 105°F,
- Continuous thermal therapy to minimize tissue damage and scarring, to reduce pain and discomfort, and to reduce dependency on pain medication,
- Variable and rapidly changeable temperature control allows for extended application minimizing the risk of skin/nerve damage and for uniquely beneficial treatments such as cryotherapy,
- Safe and effective for both the professional practitioner and individual user,
- A portable injury therapy system that is affordable, easy to use at a clinic, home or at work,
- Universal personal wraps that are convenient, familiar, and easy to apply to the body, conforming comfortably to the major joints and muscles,
- Applications cover treatment of chronic pain or injury of back, knee, hip, foot and ankle, hand and wrist, shoulder, elbow, chest, jaw, head, neck, and other specific applications.

Designed to help reduce pain and swelling, the VitalWear cooling and heating and compression therapy system can be used from the earliest stages of post-operative recovery, through rehabilitation, to postrecovery home use for treatment of pain and residual swelling.

## Available VitalWraps for Your VitalWear System

	VIT-00001 VitalWrap, 6x60" width VIT-00118 VitalWrap, 8x72" width		VIT-00394 VitalWrap, Wrist
	VIT-00119 VitalWrap, Shoulder		VIT-00395 VitalWrap, Large Shoulder
	VIT-00122 VitalWrap, Cervical		VIT-00396 VitalWrap, Dual Hand
	VIT-00255 VitalWrap, 4x48" width		VIT-01061 VitalWrap, Cap
	VIT-00388 VitalWrap, Back		VIT-01311, 01315, 01319, 01323, 01327, 01331, 01335 VitalPad® for XBACK®
	VIT-00392 VitalWrap, Large Knee		VIT-00397 VitalWrap, Medium Knee
	VIT-00398 VitalWrap, Ankle		VIT-00967 VitalWrap, Hip

Please contact us to find out about the latest VitalWraps that may be right for you.

## Warranty

VitalWear, Inc. guarantees the VitalWrap System free from defects in material and workmanship for a period of 1 year, and the VitalWraps and VitalPads for a period of 6 months from the date of purchase except as noted below.

### **This warranty extends only to the original retail purchaser.**

This VitalWear product warranty does not cover damage caused by misuse or abuse; accident; the attachment of any unauthorized accessory; alteration to the product; or any other conditions whatsoever that are beyond the control of VitalWear. VitalWear shall not be responsible for any type of incidental, consequential or special damages. All implied warranties, including but not limited to those implied warranties of fitness and merchantability, are limited in total duration of 1 year from the original purchase date for the VitalWrap System, and 6 months from the original purchase date for the VitalWraps and VitalPads.

To obtain warranty service on your VitalWrap System, either hand deliver or mail the unit and your dated sales receipt (as proof of purchase) to VitalWear, Inc. (384 Oyster Point Blvd., Suite 16, South San Francisco, CA 94080-6523). Be sure to include the serial number of your unit and your phone number on any correspondence. If you have any questions, please call VitalWear Inc. at 1.800.553.4081 in US or 650.553.4100, or reach us online at [www.vitalwear.com](http://www.vitalwear.com) or [www.vitalwrap.eu](http://www.vitalwrap.eu).

Upon receipt, VitalWear will repair or replace, as appropriate, your VitalWrap System and return it to you, postpaid. Warranty is solely through VitalWear Service Center. Service of this product by anyone other than VitalWear Service Center voids warranty.

This warranty provides you with specific legal rights. You may have additional rights, which may vary from state to state. Because of individual state regulations, some of the above limitations and exclusions may not apply to you.

## System Operation

The VitalWear System is comprised of a control unit, a tubing set and a thermal wrap. This VitalWrap is the part of the system that you actually apply to the body to provide thermal therapy. Different wraps can be applied to specific areas of the body.

Setting up the system is a simple three-step process. (1) The user first fills the portable, leak-proof container of the control unit with ice and water, (2) then applies the VitalWrap around the injured area and secures it with its Velcro™ closure, and (3) finally, attaches the control unit to the wrap via the tubing set.

Once the control unit is turned on, cooled or warmed fluid is passed through the tubing set from the control unit to the wrap. The fluid is then circulated through the wrap, drawing heat from or applying to the body and deeply cooling or heating the body part. The fluid is then passed back through the tubing set to the control unit where it is re-cooled or re-warmed and then re-circulated back to the wrap.

**When using this system, please check the skin where the wrap is applied periodically. Discontinue use if continued numbness, skin discoloration, blisters, etc. are present. Please refer to your health care professional prior to applying this system and/or using the system for extended periods of time.**

## Notes, Cautions And Warnings

Notes, cautions and warnings are used to highlight certain operating procedures and recommendations. A Note indicates a special procedure, an exception to normal operation or something else of specific interest to the reader. Notes are preceded by the word "Note" in italics.

 The Caution or Warning symbol precedes an operational step that could damage the instrument if the user does not take certain precautions. Cautions or Warnings are located in the main text, are preceded by a Caution or Warning statement and are accompanied by this symbol in the left margin.

 Caution: risk of electric shock.

## Important Safety Instructions

Read all instructions before using.

This equipment has been tested and found to comply with the limits for medical devices to the IEC 60601-1.

Follow local governing ordinances and recycling plans regarding disposal or recycling of device components.

Grounding reliability can only be achieved when the equipment is connected to an equivalent receptacle marked 'hospital only' or 'hospital grade'.

When using an electrical appliance, especially when children are present, basic safety precautions should always be followed.

## Safety Symbols And Warnings

 DANGER –To reduce the risk of electric shock:

1. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.
2. DO NOT use while bathing or in a shower.
3. DO NOT place or store appliance where it can fall or be pulled into a tub or sink. DO NOT place in or drop into water or other liquid.
4. DO NOT reach for a product that has fallen into water. Unplug immediately.

 An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.



Periodically check skin where wrap is applied for skin discoloration, numbness, blisters, etc., which can indicate a potential burn. If detected, discontinue use and consult a physician.



Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons. This appliance should not be used by or on children without parental supervision.



Use this appliance only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.



Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water.



Manufactured by VITALWEAR

	Machine Wash Cold		Do Not Iron
	Delicate/Gentle Cycle		Do Not Dry Clean
	Do Not Bleach		Do Not Wring
	Line Dry In Shade		

1. Ensure the top of the appliance is properly installed and the handle is fully engaged prior to carrying the appliance.
2. DO NOT carry this appliance by supply cord or use cord as a handle.
3. Keep the cord away from heated surfaces.
4. Never operate the appliance without the Fluid Canister, the Top Assembly, the Tubing Set, and the Wrap completely connected.
5. Never operate the appliance with any foreign objects in the Fluid Canister.
6. Never drop or insert any object into any opening.
7. To disconnect, turn off power ("O" position), then remove plug from outlet.
8. Use cooling surfaces carefully. Do not use over insensitive skin areas or in the presence of poor circulation. The unattended use of cooling by children or incapacitated persons may be dangerous. Consult your physician.
9. DO NOT stand on or in the appliance.
10. Do not use while sleeping or drowsy.
11. Do not place the appliance or operate the appliance while it is on a surface more than 3 feet above the floor.
12. Unplug this product before filling. Fill with water and ice only. Do not overfill.
13. Do not operate without water.

14. Do not operate with hot water.
15. Do not place the Tubing Set, Power cord or use any wrap other than the Cervical (neck) wrap around the neck.
16. Do not cast over wrap. Casting over the VitalWrap & Tubeset may restrict necessary air circulation and it's proper operation.
17. VitalWear products do not contain natural rubber latex, nor is natural rubber latex added as part of the production process.

VitalWear does not have an authorized service center. However, if this appliance is still under warranty, return it to the VitalWear Consumer Service Department at 1.800.553.4081 in U.S. or 650.553.4100, or reach us online at [www.vitalwear.com](http://www.vitalwear.com) or [www.vitalwrap.eu](http://www.vitalwrap.eu).



Please refer to VitalWear for proper disposal of this product.

## Indications and Contraindications

### General Indications for Cold Therapy

There are general indications for using cold therapy across the body and in various situations:

- First aid after trauma,
- Relief of pain,
- Fever reduction,
- Control of bleeding,
- Prevention or reduction of swelling of traumatic origin,
- Prevention or reduction of inflammation,
- Decrease of muscle guarding and spasm,
- Temporary reduction of spasticity.

Cold is preferred during treatment of acute injury, sub-acute injury where swelling persists, and acute stages of inflammation.

### General Indications for Heat Therapy

There are general indications for using heat therapy across the body and in various situations:

- Pain relief,
- Reduction of muscle spasm,
- Increase of local blood flow,
- Facilitate tissue healing,
- Prepare stiff joints and muscle for exercise.

### Contraindications for Cold Therapy

Users should be aware of situations where cold therapy may not be appropriate, detrimental to a specific condition or otherwise contraindicated for use:

- Users with specific cold sensitivity symptoms such as:
  - Cold urticaria,
  - Cryoglobulinemia,
  - Raynaud's syndrome,
  - Proximal cold hemoglobinuria,
  - Vasospastic disease,
  - Cold hypersensitivity,
  - Compromised local circulation.

Users should take caution in applying cold therapy over open sores and abrasions. At a minimum these areas should be cleaned and bandaged.

### **Casting over the VitalWrap & Tubeset may restrict necessary air circulation and it's proper operation.**

**When using this system, please check the skin where the wrap is applied periodically. Discontinue use if continued numbness, skin discoloration, blisters, etc. are present. Please refer to your health care professional prior to applying this system and/or using the system for extended periods of time.**

### Contraindications for Heat Therapy

Users should be aware of situations where heat therapy may not be appropriate, detrimental to a specific condition or otherwise contraindicated for use:

- Application over area that lack thermal sensation,
- Application over areas affected by vascular insufficiency or disease,
- Application over areas of recent hemorrhage or potential hemorrhage,
- Application over areas of known malignancy,
- Application over areas of acute inflammation,
- Application over areas of infection,
- Application over areas where liniments or heat rubs have been recently applied,
- Application over areas of significant swelling.

Users should take caution in applying heat therapy over open sores and abrasions. At a minimum these areas should be cleaned and bandaged. Areas subject to infection should not be exposed to heat therapy.

### **Casting over the VitalWrap & Tubeset may restrict necessary air circulation and it's proper operation.**

**Note:** Thermal therapy should not be used for persons with Raynaud's or other vasospastic disease, cold hypersensitivity, heat hypersensitivity or compromised local circulation.

## Operating Instructions

Please refer to your VitalWear System Manual for Setting Up and Operating your VitalWear System.



1. Roll it: Begin with the wrap in a tight roll, with the Tubing Set connector on the outside of the roll.
2. Start Wrapping: Place the bladder portion of the wrap around the treatment area.
3. Secure it: Finish wrapping using the Velcro closure. Connect the wrap to the Tubing Set by aligning the Orientation Dots as shown. Press both buttons on the Tubing Set connector to connect and disconnect (  ).

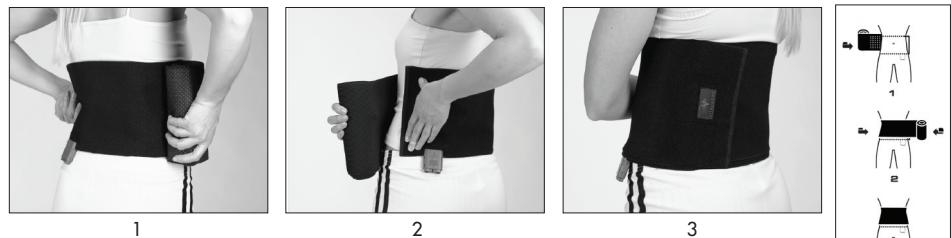
Once wrapped, please refer to your VitalWear System Manual for Operating your VitalWear System.

## Wrapping Body Parts

The 6" VitalWrap can be applied to the calf, knee, hamstring/thigh, hip, upper and lower back, abdomen, and chest. Please contact VitalWear for additional VitalWraps for the shoulder, elbow, hand/wrist, foot/ankle, head, jaw, neck and other areas.

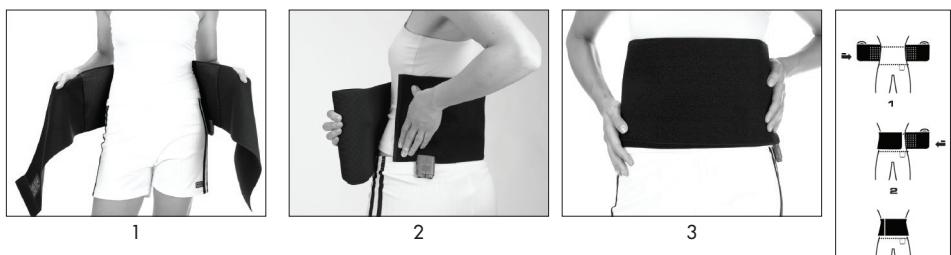
### BACK, VIT00001 – 6in VitalWrap or VIT00118 – 8in VitalWrap

Roll it: Begin with the wrap in a tight roll, with the Tubing Set connector on the outside of the roll (see page 10, image 1-“Operating Instructions”).



1. Start Wrapping: Place the bladder portion of the wrap around the treatment area.
2. Wrap it: Continue to wrap snugly around the waist.
3. Secure it: Finish wrapping using the Velcro closure. Connect the wrap to the Tubing Set by aligning the Orientation Dots as shown. Press both buttons on the Tubing Set connector to connect and disconnect (  ).

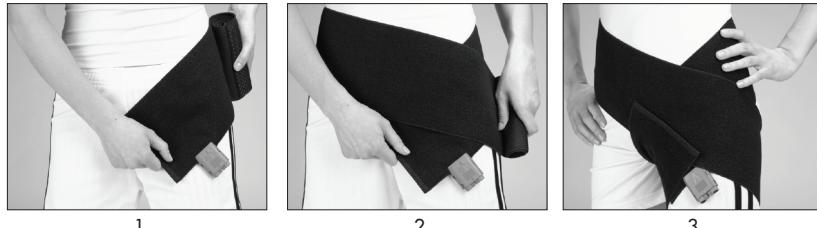
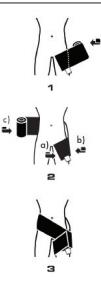
### BACK, VIT00388 VitalWrap



1. Start Wrapping: Place the bladder portion of the wrap around the treatment area.
2. Wrap it: Continue to wrap snugly around the waist.
3. Secure it: Finish wrapping using the Velcro closure. Connect the wrap to the Tubing Set by aligning the Orientation Dots as shown. Press both buttons on the Tubing Set connector to connect and disconnect (  ).

## HIP, VIT00001 – 6in VitalWrap

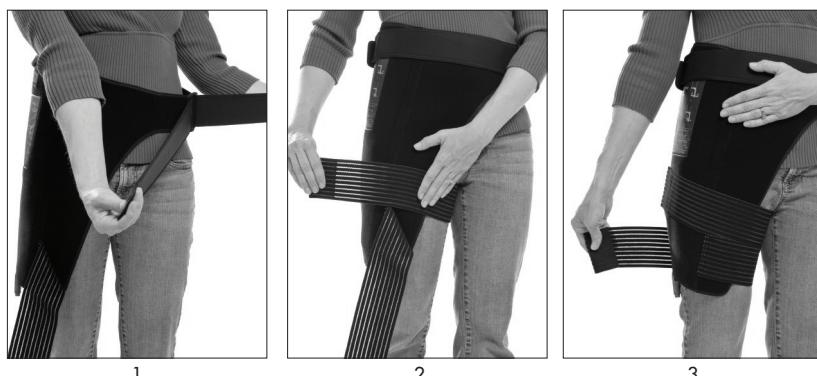
Roll it: Begin with the wrap in a tight roll, with the Tubing Set connector on the outside of the roll (*see page 10, image 1-“Operating Instructions”*).



1. Start Wrapping: Place the bladder portion of the wrap around the treatment area.
2. Wrap it: Continue to wrap snugly around the hip.
3. Secure it: Finish wrapping using the Velcro closure. Connect the wrap to the Tubing Set by aligning the Orientation Dots as shown. Press both buttons on the Tubing Set connector to connect and disconnect (  ).

## HIP II, VIT00967 VitalWrap

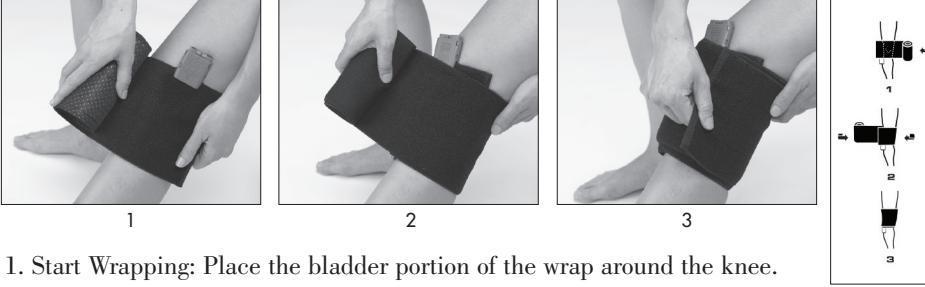
Roll it: Begin with the wrap in a tight roll, with the Tubing Set connector on the outside of the roll (*see page 10, image 1-“Operating Instructions”*).



1. Start Wrapping: Place the bladder portion of the wrap around the treatment area.
2. Wrap it: Continue to wrap snugly around the hip.
3. Secure it: Finish wrapping using the Velcro closure. Connect the wrap to the Tubing Set by aligning the Orientation Dots as shown. Press both buttons on the Tubing Set connector to connect and disconnect (  ).

## STANDARD UNIVERSAL, VIT00001 – 6in VitalWrap

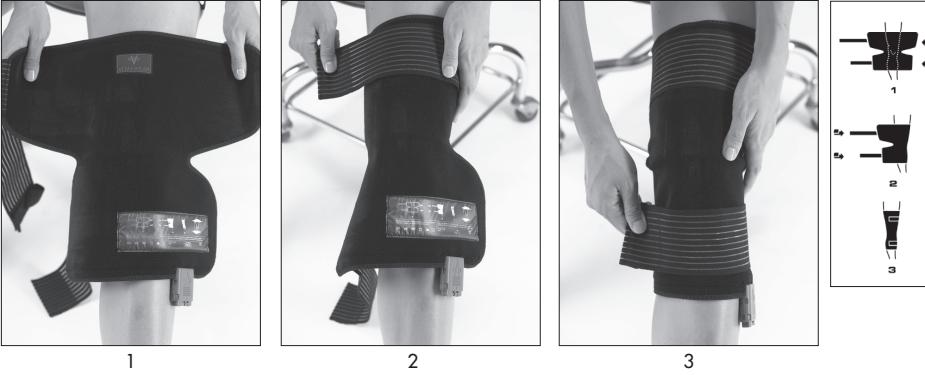
Roll it: Begin with the wrap in a tight roll, with the Tubing Set connector on the outside of the roll (*see page 10, image 1-“Operating Instructions”*).



1. Start Wrapping: Place the bladder portion of the wrap around the knee.
2. Wrap it: Continue to wrap snugly around the knee.
3. Secure it: Finish wrapping using the Velcro closure. Connect the wrap to the Tubing Set by aligning the Orientation Dots as shown. Press both buttons on the Tubing Set connector to connect and disconnect (  ).

## KNEE, VIT00392 (Large) & VIT00397 (Medium) Knee VitalWrap

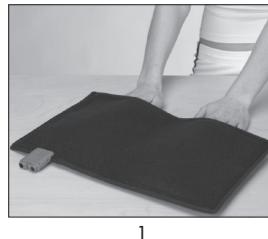
Unfold it: Begin by unfolding the wrap and detaching all the Velcro straps.



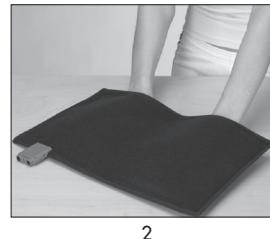
1. Start Wrapping: Place the center of the wrap onto the knee with the Tubing Set connector pointing down the leg. Make sure the bladder portion of the wrap is facing down and is on top of the knee.
2. Wrap it: Continue to wrap the top and bottom portion snugly around the knee.
3. Secure it: Finish wrapping using the Velcro closure. Connect the wrap to the Tubing Set by aligning the Orientation Dots as shown. Press both buttons on the Tubing Set connector to connect and disconnect (  ).

## HANDS, VIT00396 – Dual Hand VitalWrap

Place it: Begin by placing the wrap on a flat surface. Make sure the Tubing Set is on the right side of the wrap pointing away from user.



1



2

1. Wrap it: Place hands inside the wrap after connecting the wrap to the Tubing Set by aligning the Orientation Dots as shown. Press both buttons on the Tubing Set connector to connect and disconnect (  ).

2. Secure it: Adjust temperature of wrap or adjust positions to optimize comfort and pain relief.

## WRIST, VIT00394 – Wrist VitalWrap

Loop it: Begin by unfolding your wrist wrap.



1



2



3

1. Start Wrapping: Put thumb through loop and hang the wrap off the palm of the hand. Make sure the Tubing Set connector points towards user.

2. Wrap it: Continue to wrap snugly around the wrist.

3. Secure it: Finish wrapping using the Velcro closure. Connect the wrap to the Tubing Set by aligning the Orientation Dots as shown. Press both buttons on the Tubing Set connector to connect and disconnect (  ).

## SHOULDER, VIT00119 (Medium) & VIT00395 (Large) Shoulder VitalWrap

Slip it on: Begin by sliding arm through the wrap with the connector facing down towards the elbow.



1



2



3

1. Adjust the underarm strap so that the wrap fits snugly.

2. Adjust chest strap. It may be necessary to adjust back strap before using wrap.

3. Finish wrapping by attaching Velcro closure under opposite shoulder. Connect the wrap to the Tubing Set by aligning the Orientation Dots as shown. Press both buttons on the Tubing Set connector to connect and disconnect (  ).

## FOOT/ANKLE, VIT00398 – Foot & Ankle VitalWrap

Unfold it: Begin by unfolding the wrap and detaching all the Velcro straps.



1



2



3

1. Start Wrapping: Place foot inside the wrap with the connector pointing up towards the knee.

2. Wrap it: Continue to wrap the top and bottom portion snugly around the ankle and foot.

3. Secure it: Finish wrapping using the Velcro closure. Connect the wrap to the Tubing Set by aligning the Orientation Dots as shown. Press both buttons on the Tubing Set connector to connect and disconnect (  ).

## CHEST, VIT00118 - 8in VitalWrap

Roll it: Begin with the wrap in a tight roll, with the Tubing Set connector on the outside of the roll.



1 2 3

1. Wrap it: Place the bladder portion of the wrap around the treatment area, continue to wrap snugly around the chest.
2. Secure it: Finish wrapping using the Velcro closure. Connect the wrap to the Tubing Set by aligning the Orientation Dots as shown. Press both buttons on the Tubing Set connector to connect and disconnect (  ).

## ARM, VIT00255 - 4in VitalWrap

Loop it: Begin by creating a comfortable loop with the Velcro closure on the end of the wrap closest to the connector.



1 2 3

1. Start Wrapping: Put arm through loop of the wrap and slide onto lower part of arm.
2. Wrap it: Continue to wrap snugly around the arm.
3. Secure it: Finish wrapping using the Velcro closure. Connect the wrap to the Tubing Set by aligning the Orientation Dots as shown. Press both buttons on the Tubing Set connector to connect and disconnect (  ).

## NECK, VIT00122 - Cervical VitalWrap

Slip it On: Place bladder portion of the wrap around the back neck. Make sure the Tubing Set is on the user's right side.



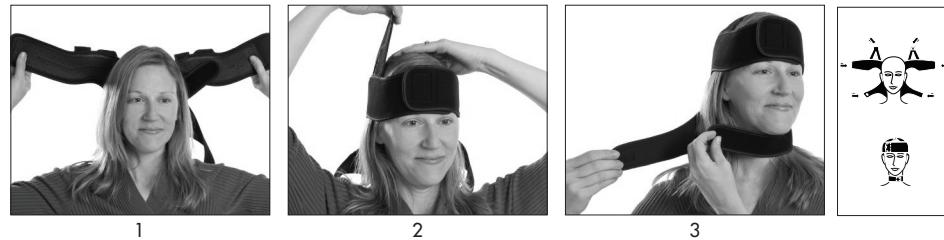
1 2

1. Wrap it: Continue to wrap snugly around the neck.
2. Secure it: Finish wrapping using the Velcro closure. Connect the wrap to the Tubing Set by aligning the Orientation Dots as shown. Press both buttons on the Tubing Set connector to connect and disconnect (  ).

## Wrapping Your Head with VIT-01061 – Cap VitalWrap

Open It: Begin by opening the cap wrap on a flat surface.

1. Attach It: Secure Tubing Set to the Cap Wrap before fitting on the head by aligning the Orientation Dots as shown press both buttons on the Tubing Set to connector to connect and disconnect.

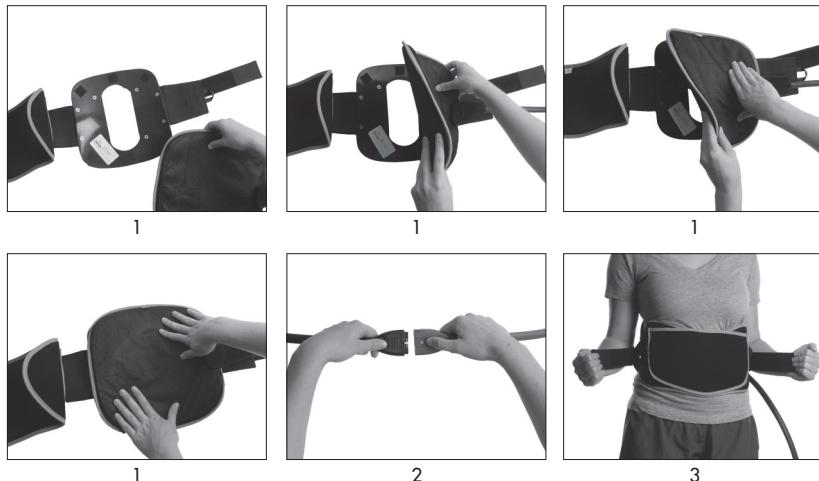


1 2 3

2. Fit It: Begin by securing the top two Velcro closures to the Cap Wrap fits comfortably on top of the head
3. Secure It: Secure the neck strap comfortably under chin, around the neck. Attach the top straps firmly over your forehead with the Velcro closure; adjust wrap to your comfort level.

## VITALPAD® FOR XBACK SOLUTION® - Adding to brace only

1. Secure it: After removing the XBACK Solution Pad, place the VitalPad with the cleaning tag on the back onto the velcro strips.



2. Connect it: Connect the wrap to the Tubing Set by aligning the white orientation dots as shown. Press both buttons on the Tubing Set connector to connect and disconnect.

3. Apply brace as directed by XBACK Bracing Services, Inc.

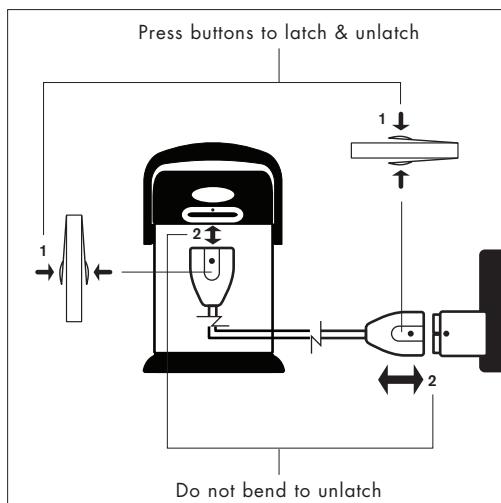
XBACK can be reached at:

XBACK Bracing Services, Inc.  
341A West Main St  
Birdsboro, PA, 19508  
1.800.494.8680 and 610.404.4900  
[www.xbackbrace.com](http://www.xbackbrace.com)

### XBACK® SOLUTION SIZING CHART (inches)

01311 VitalPad for XBACK Solution, Small	waist 19-26"	for XBACK Solution Model T102
01315 VitalPad for XBACK Solution, Medium	waist 27-34"	for XBACK Solution Model T102
01319 VitalPad for XBACK Solution, Large	waist 35-42"	for XBACK Solution Model T102
01323 VitalPad for XBACK Solution, Xlarge	waist 43-47"	for XBACK Solution Model T102
01327 VitalPad for XBACK Solution, 2Xlarge	waist 48-55"	for XBACK Solution Model T102
01331 VitalPad for XBACK Solution, 3Large	waist 56-65"	for XBACK Solution Model T102
01335 VitalPad for XBACK Solution, 4Large	waist 66" plus	for XBACK Solution Model T102

## Tubing Set Instructions for Use



1. Press BOTH buttons on the Tubing Set connector to connect and disconnect.

2. Connect the Tubing Set to the Fluid Connector located on the Top Assembly and VitalWrap.

## Cleaning the Wrap

The VitalWrap can be washed in a conventional laundry machine.\* Notice the following cleaning instructions on the VitalWrap.

	Machine Wash Cold		Do Not Iron
	Delicate/Gentle Cycle		Do Not Dry Clean
	Do Not Bleach		Do Not Wring
	Line Dry In Shade		

\*VitalWear recommends a maximum of three machine washes per VitalWrap.



Users should not use cleaning or decontamination methods different from those recommended by the manufacturer without first checking with the manufacturer that the proposed methods will not damage the equipment.

## Storage

Dry it Out: If wet, allow the wrap to line dry prior to storage.

Roll it Up: Roll or fold the wrap for storage.

**Use the Carrying Bag:** The VitalWear System and VitalWraps can be conveniently stored in the Carrying Bag.

Notes: \_\_\_\_\_





**VITALWEAR**

*Put a Wrap on Pain<sup>SM</sup>*

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